



# JULY 19-20

## FIRST RESPONDER WELLNESS CONFERENCE

### BROUGHT TO YOU BY:

RUTLAND CITY POLICE DEPARTMENT, THE CENTER FOR SOCIAL JUSTICE AND TRAUMA INFORMED CARE,  
AND THE VERMONT EMERGENCY RESPONDER WELLNESS COMMISSION

**Daily Workshops:** Compassion Fatigue, Coping Skills, Financial Health, Mindfulness, Building Recovery & Resiliency Plans, & more!

**Daily Wellness Events:** Therapeutic Fly Tying, Yoga, Comfort Animals, Chair Massages, & more!

Each day starts with breakfast and networking opportunities. Vendors will be on site for you to learn about available resources.

### Day 1: 8AM - 5PM

**KEYNOTE SPEAKER:** *Chief Robert White* will speak on emotional survival and tactics to stay committed and engaged in productive work. These strategies are designed to help participants avoid burn-out and emotional isolation from friends and family.

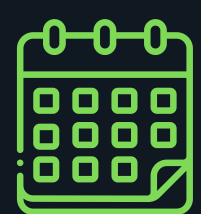
**PANEL DISCUSSION:** Providing participants with local resources available to first responders and how to connect with services.

*For those staying for dinner, the group will be participating in a bonfire wellness activity*

### Day 2: 8AM - 4PM

**KEYNOTE SPEAKER:** *Tom Greenhalgh* will walk participants through how to create and run a successful peer support team. He will provide information on what trainings we should attend and what best practices are for these teams.

**PANEL DISCUSSION:** *To be announced*



July 19-20, 2023



Wednesday: 8:00AM - 4:30PM  
Thursday: 8:00AM - 4:00PM



vtfirstresponderwellness@gmail.com



VTSU's Castleton Pavilion  
360 South St, Castleton, VT



\$75 (includes all meals)  
\$60 for overnight accommodations  
*Scholarships available for those needing assistance, please email to request*

### Registration:

[https://castleton.formstack.com/forms/first\\_responder\\_wellness\\_conference](https://castleton.formstack.com/forms/first_responder_wellness_conference)

